

Spring Youth Sports Information Guide 2017



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Interested in Coaching?:

Advantages of Coaching:

- Head Coach will receive a 10% registration discount for one participating family member per team coached. To redeem this discount coaches must complete the paper registration form.
- Head Coach selects the day, time, and location for team practice.
- Head Coach selects team name and team jersey color.
- Head Coach will receive a coaches shirt to be worn at the 1st practice and games.

Requirements of All Coaches:

- Attend the Coaches Meeting- specific details are below.
- Become NYSCA Certified– for more information visit:
<http://www.nays.org/nyscaonline/preview/how-it-works.cfm>
- Complete the City's background and fingerprint requirements, which is free, but requires a coach to complete an online form and attend a 20 minute meeting at Rockville City Hall to complete fingerprints.
- To find out more contact the Sports Division:
 - Duncan Mullis: 240-314-8652, dmullis@rockvillemd.gov

Co-Rec T-Ball and Coach Pitch:



For participants aged 4-9

T-ball and Coach Pitch Season Timeline:

- Early Bird registration: register by 5:00 pm; March 1st and save \$10.
- Final Registration by 3/8/2017 to be guaranteed entry into the 2017 season.
- Coaches Meeting is on Thursday, March 23rd 2017.
- Practices start Monday, March 23rd 2017.
- Season starts 4/22/2017.
- T-ball and Coach Pitch have a 6 game season, final games will be played on 6/3/2017, weather permitting.

Practice Information:

- Each team gets a 1 hour practice each week.
- Teams practice until the completion of the league.
- Teams practice in a park in the Rockville limits.
- In the event of adverse weather, check to see if parks are open by calling the weather line: 240-314-5055.
- What to bring to practice – baseball bat, glove, ball, helmet, athletic clothing, bottle of water.

T-Ball – Co-Rec Minors

Age requirements: 4-6 year olds

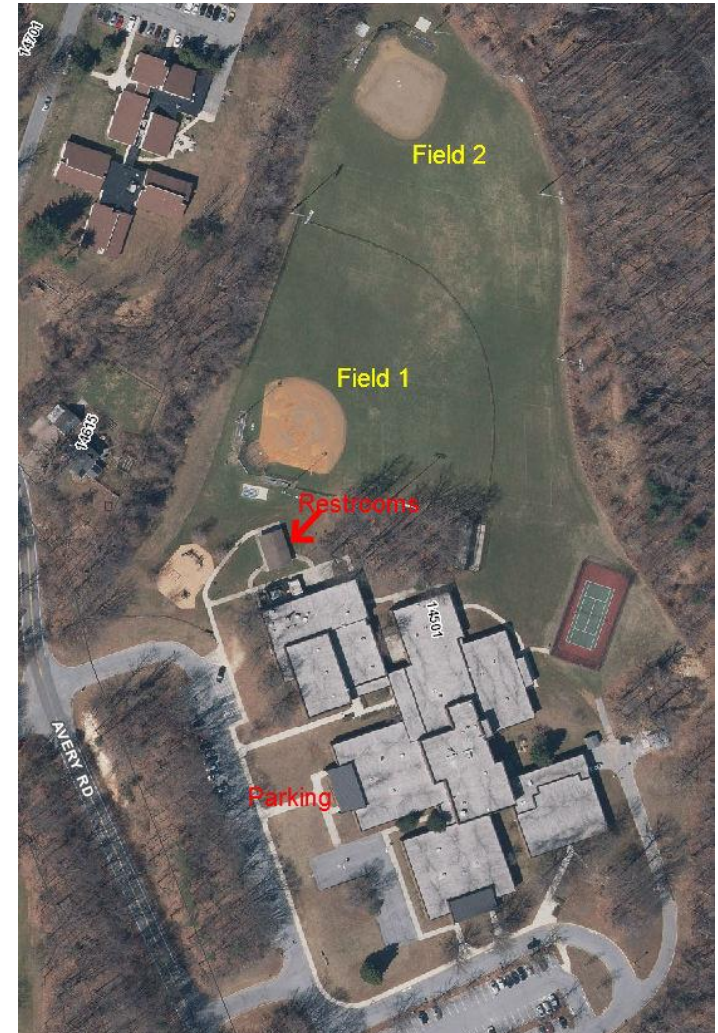
Games are Saturdays, tentatively scheduled from 9a.m. – 1p.m. starting 4/22/2017.



Key information on division:

- Teams will get a 1 hour practice each week and 6 games.
- Games are 5 innings or 60 minutes in length.
- Recommended team size is 13 players.
- There are no outs in T-ball.
- An inning is completed after 8 batters have batted.
- Batters hit from a T-ball tee stand.

Game Location: Mark Twain
Athletic Park, 14501 Avery Road



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Baseball – Co-Rec Coach Pitch

Age requirements: 7-9 year olds

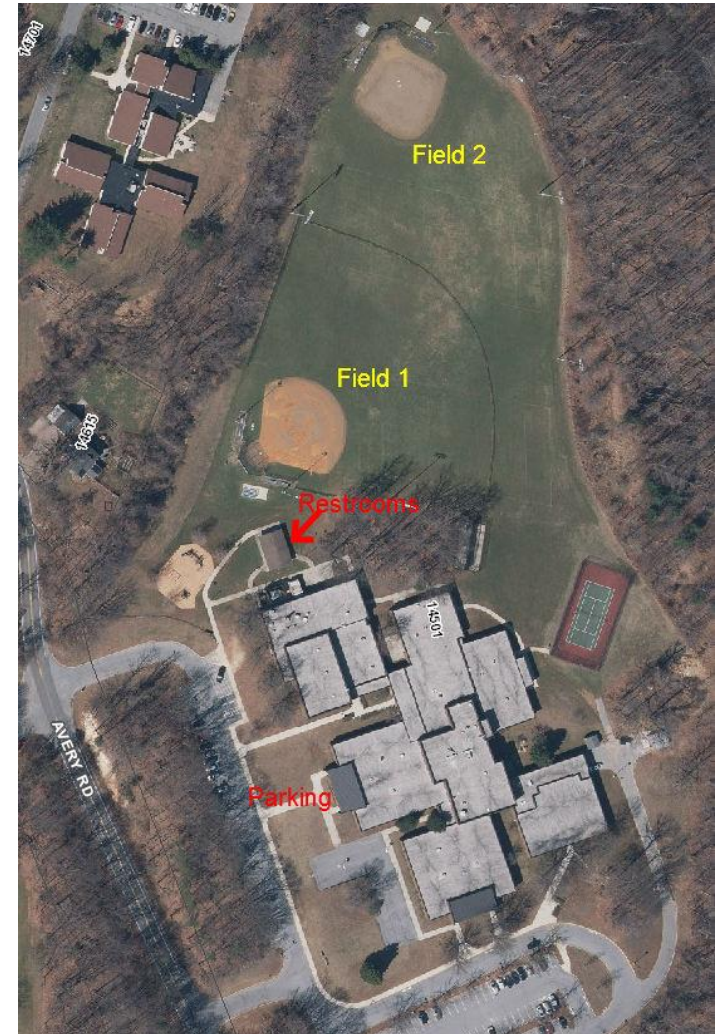
Games are Saturdays, tentatively scheduled from 9a.m. – 1p.m. starting 4/22/2017.



Key information on division:

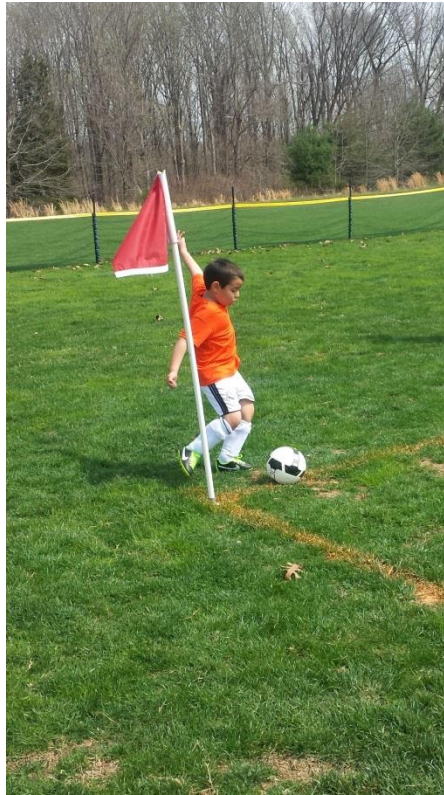
- Teams will get a 1 hour practice each week and 6 games.
- Games are 5 innings or 60 minutes in length.
- Recommended team size is 13 players.
- There are fielding outs in Coach Pitch, no strike outs.
- An inning is completed after 8 batters have batted or 3 outs.
- Batters will hit pitched balls from their coach.

Game Location: Mark Twain
Athletic Park, 14501 Avery Road



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Spring Co-Rec Soccer



For participants in pre-K - 3rd grade

Soccer Season Timeline:

- Early Bird registration: register by 5:00 pm; March 1st and save \$10
- Final Registration by 3/8/2017 to be guaranteed entry into the 2017 season.
- Coaches Meeting is on Tuesday, March 21th 2017.
- Practices start Monday, March 27th 2017.
- Season starts 4/23/2017.
- Soccer is a 6 game season, final games will be played on 6/4/2017, weather permitting.

Practice Information:

- Each team gets a 1 hour practice each week.
- Teams practice until the completion of the league.
- Teams practice in a park in the Rockville limits.
- In the event of adverse weather, check to see if parks are open by calling the weather line: 240-314-5055.
- What to bring to practice – size 3 soccer ball, shin guards, soccer cleats, and a bottle of water.

Ankle Biter Division:

Grade requirements: Pre-K

Games are on Sundays, tentatively scheduled from 1 p.m. – 5p.m. starting 4/25/2017.



Key information on division:

- Ankle Biters play 4 v 4, recommended team size is 8 players.
- Players get a 1 hour practice each week and 6 games.
- Game duration: 10 minute quarters, 2 minute break at the end of a quarter, 4 minute break at halftime.
- Ball size: size 3.

Game Location: Mark Twain
Athletic Park, 14501 Avery Road



Tiny Kicks & Strikers Division:

Grade requirements: Kindergarten and 1st grade
Games are on Sundays, tentatively scheduled
from 1 p.m. – 5p.m. starting 4/25/2017.



Key information on division:

- Tiny Kicks play 4 v 4, recommended team size is 8 players. Strikers plays 5 v 5 , recommended team size is 10 players.
- Players get a 1 hour practice each week and 6 games.
- Game duration: 10 minute quarters, 2 minute break at the end of a quarter, 4 minute break at halftime.
- Ball size: size 3.

Game Location: Mark Twain
Athletic Park, 14501 Avery Road



Pee Wee Division:

Grade requirements: 2nd and 3rd grade
Games are on Sundays, tentatively scheduled
from 1 p.m. – 5p.m. starting 4/25/2017.



Key information on division:

- Pee Wees play 7 v 7, recommended team size is 12 players.
- Players get a one hour practice and 6 games.
- Game duration: 10 minute quarters, 2 minute break at the end of a quarter, 4 minute break at halftime.
- Ball size: size 3.

Game Location: Mark Twain
Athletic Park, 14501 Avery Road



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Track and Field



For participants born in 2011 – 2003
or in 8th grade

Track and Field Season Timeline:

- Early Bird registration: register by 5:00 pm; March 3 and save \$10.00.
- Final Registration by 3/10/2017 to be guaranteed entry into the 2016 season.
- Coaches Meeting is on Wednesday, March 15th.
- Practices start week of March 20th
- First Meet is on 4/19/2017.
- There are 5 Meets and 2 Conference Meets.

Practice Information:

- Most teams practice on Monday and Wednesday evenings preseason, and practice for 1.5 hours on Mondays during the season.
- Teams practice until the completion of the program.
- Teams practice at a High School Track within Rockville City Limits.
- In the event of adverse weather, check to see if tracks are open by calling the weather line: 240-314-5055.
- What to bring to practice – running shoes, athletic clothing, bottle of water.

Key information on Program:

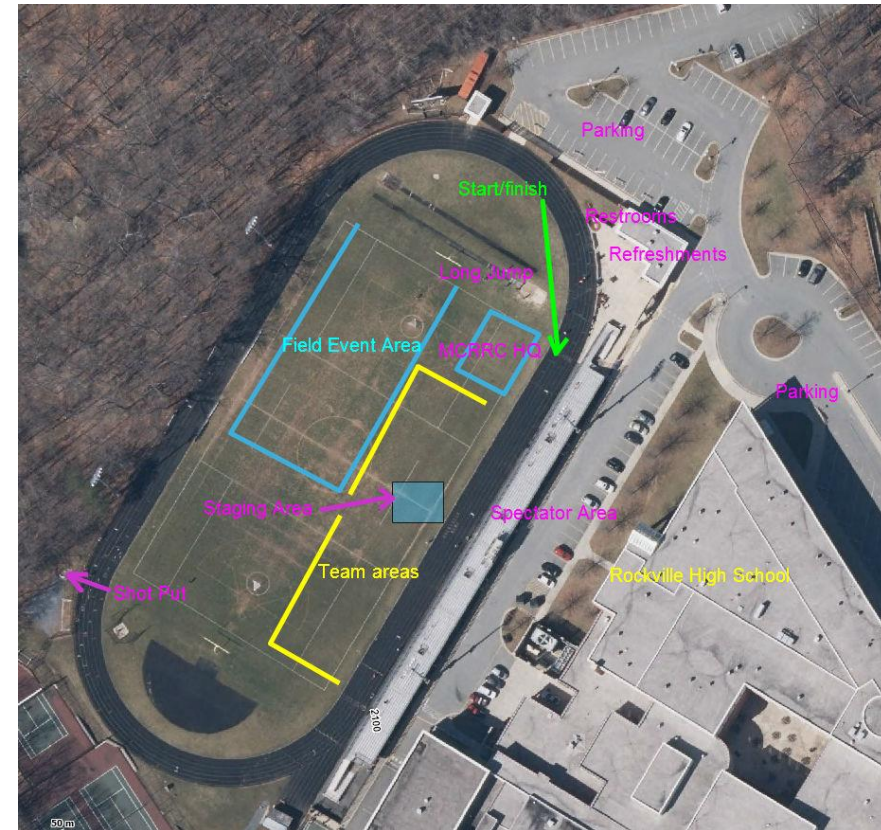
- Meets are on Wednesdays starting at 5:45pm and go until 8 or 8:45pm depending on division.
- Each Meet participants get to participate in track and field events. An outline of races are on the following page.
- Meets and Field event results are posted after each Meet. Field events are recoded by City staff and race results are recorded by the Montgomery County Road Runners.

Practice information:

Possible High School Locations:

Richard Montgomery, Rockville, Wootton.
Practices are on Mondays and Wednesdays preseason, and Mondays during the season.

Meet Location: Rockville High School, 2100 Baltimore Road



Track Events by Division:

Bantam Division (born 2009-2011):

50M, 100M, 400M, 800M

Midget Division (born 2007-2008):

50M, 100M, 200M, 400M, 800M, 1600M

Junior Division (born 2005-2006):

100M, 200M, 400M, 800M, 1600M

Intermediate Division

(born 2003-2004 or in 8th grade):

100M, 200M, 400M, 800M, 1600M

Relays:

4x100M, 4X200M, Sprint Medley (Midget up), Graduate Relay.



Field Events by Division:

Bantam Division (born 2009-2011):
Standing Broad Jump, Javelin, Softball
Throw

Midget Division (born 2007-2008):
Standing Broad Jump, Javelin, Softball
Throw

Junior Division (born 2005-2006):
Running Long Jump, Javelin, Softball Throw

Intermediate Division
(born 2003-2004 or in 8th grade):
Running Long Jump, Javelin, Softball
Throw/Shot Put



How to Register:

- Register online using the following links:
 - [T-Ball](#)
 - [Coach Pitch Baseball](#)
 - [CoEd Soccer](#)
 - [Track & Field](#)
- **Or, Complete** a paper registration and either:
 - fax it to: 240-314-8659
 - Drop it off at a City Community Center or Rockville City Hall
 - Mail it to: Sports Division, Rockville City Hall, 111 Maryland Ave., Rockville, MD, 20850
- For details, view the 2016 Youth Spring Sports Brochure:
 - [Spring Sports Brochure 2017](#)

Need Additional Information?

- Visit the Rockville Sports Divisions website: www.rockvillemd.gov/recreation/sports
- Contact the Sports Division: 240-314-8620
- Contact the Program Supervisor: Duncan Mullis, 240-314-8652, dmullis@rockvillemd.gov
- Checkout our Facebook site: www.facebook.com/Rockville.Sports.Leagues